

COSTICK POOL SCHEDULE

FPS Spring Break March 24th - March 30th

Subject To Change

MONDAY 3/24			TUESDAY 3/25			WEDNESDAY 3/26			THURSDAY 3/27			FRIDAY 3/28			SATURDAY 3/29			SUNDAY 3/30		
Open Swim 6:30a-7:55a			Open Swim 6:30a-7:55a			Open Swim 6:30a-7:55a			Open Swim 6:30a-7:55a			Open Swim 6:30a-7:55a								
Lap Swim 8:00a-8:55a			Lap Swim 8:00a-8:55a			Lap Swim 8:00a-8:55a			Lap Swim 8:00a-8:55a			Lap Swim 8:00a-8:55a			Modified Swim 7:30a-8:55a					
Beth Water X 9:00a-9:55a			Ruth Deep Water X 9:00a-9:55a		Shallow Water Walking 9:00a-9:55a	Janeen Water X 9:00a-9:55a			Beth Deep Water X 9:00a-9:55a		Shallow Water Walking 9:00a-9:55a	Janeen Water X 9:00a-9:55a			Ruth Water X 9:00a-9:55a					
Beth Senior Water X 10:00a-10:55a			Ruth Senior Water X 10:00a-10:55a			Janeen Senior Water X 10:00a-10:55a			Beth Senior Water X 10:00a-10:55a			Janeen Senior Water X 10:00a-10:55a			Modified Swim 10:00a - 10:55a					
Senior Open Swim 11:00a-11:55a			Senior Open Swim 11:00a-11:55a			Senior Open Swim 11:00a-11:55a			Senior Open Swim 11:00a-11:55a			Senior Open Swim 11:00a-11:55a			Modified Swim 11:00a-11:55a					
			Modified Swim 12:00p-12:55p						Modified Swim 12:00p-12:55p											
			Ruth Senior Water X 1:00p-1:55p		Senior Deep Water Walking 1:00p-1:55p				Janeen Senior Water X 1:00p-1:55p		Senior Deep Water Walking 1:00p-1:55p				Modified Swim 12:30p-1:25p			Open Swim 12:30p-1:25p		
			Ruth Senior Arthritis X 2:00p-2:55p						Ruth Senior Arthritis X 2:00p-2:55p									Modified Swim 1:30p-2:25p		
Modified Swim 3:00p-3:55p			Modified Swim 3:00p-3:55p			Modified Swim 3:00p-3:55p			Modified Swim 3:00p-3:55p									Modified Swim 2:30p-3:25p		
Modified Swim 4:00p-4:55p						Modified Swim 4:00p-4:55p												Modified Swim 3:30p-4:25p		
Janeen Senior Water X 5:00p-5:55p		Senior Modified Swim 5:00p-5:55p				Debbie Senior Water X 5:00p-5:55p		Senior Deep Water Walking 5:00p-5:55p												
Janeen Water X 6:00p-6:55p		Deep Water Walking 6:00p-6:55p	Fana Water Dance 6:00p-6:55p		Deep Water Walking 6:00p 6:55p	Debbie Deep Water X 6:00p-6:55p			Vanessa Water X 6:00p-6:55p		Deep Water Walking 6:00p-6:55p							No Women's Only Swim		
															Lap Swim 8:00p-9:55p					
	OPEN SWIM		MODIFIED SWIM		LAP SWIM		WATER AEROBICS		WATER WALKING		SENIOR OPEN SWIM		SENIOR EXERCISE		SENIOR MODIFIED SWIM		SENIOR WATER WALKING		WOMEN'S ONLY	

PRICING RESIDENT NON-RESIDENT	SINGLE VISIT R NR	10 VISIT PUNCH CARD R NR	POOL RULES TO KNOW (ALL POOL RULES ARE POSTED IN POOL AREA)
OPEN/ LAP/ MODIFIED WOMEN'S ONLY/WATER WALKING	\$3.00 \$6.00	\$25.00	<ul style="list-style-type: none"> No food or drink on deck (Exceptions for water. Must NOT be a GLASS container) No outside shoes on deck (Deck shoes or sandals NOT worn outside are appropriate) Shower before entering water. (Must be visibly wet before you can enter pool water) Wear Proper Swim Attire (i.e. bathing suits, active gear NOT made of cotton material)
SENIOR OPEN/ SENIOR WATER WALKING	\$1.75 \$2.75	\$15.75 \$24.75	
SENIOR ARTHRITIS	\$2.25 \$3.50	\$20.25 \$31.50	
SENIOR WATER X	\$2.25 \$3.50	\$20.25 \$31.50	
ADULT WATER X	\$6.00 \$8.00	\$60.00 \$80.00	

CLASS DESCRIPTIONS

OPEN SWIM

During **OPEN SWIM** the entire pool area is available to swimmers. This is a great time for families or anyone who wants to take a casual dip in the pool. In addition to the shallow and deep end, two lap lanes are available.

LAP SWIM is a designated time for lap swimming only (utilizing circle swimming). A great time for swimmers to practice, work on cardio, or record their number of laps.

During **MODIFIED SWIM** the pool is being used for other scheduled programming (i.e swim lessons/classes). There is usually limited space at this time. Often this time includes ***DEEP WATER WALKING***.

WOMEN'S ONLY SWIM sessions are designated for female participants only, with the exception of children 5 years of age and under.

SENIOR AQUATICS

SENIOR OPEN SWIM is a designated swim session for Seniors Only. The entire pool is reserved for Seniors to swim casually or workout.

SENIOR ARTHRITIS X is a fun, athletic approach to water fitness training with a focus on managing arthritis. This is an all-inclusive workout utilizing a variety of equipment. Swimming is not a required skill. Participants must be comfortable in water.

SENIOR WATER X is a fun water fitness training session for Seniors. This class will combine aerobic conditioning, strength training, muscular endurance, and flexibility. Swimming is not a required skill. Participants must be comfortable in water. The Senior Water X classes are categorized by levels 1 & 2 differing in intensity. **Level 1** classes are more relaxed and gentler in movement. **Level 2** classes provide more vigorous exercise and challenge.

SENIOR DEEP WATER X is an enjoyable way to slim down and shape up with little to no impact to your joints. Swimming is not a required skill. Participants must be comfortable in 6-10 feet of water *with flotation assistance*.

NEW! SENIOR WATER WALKING is a new addition to our program. Patrons are allowed to exercise or water walk independently in either the shallow or deep end of the pool. * Shallow or Deep availability is contingent on corresponding Water X classes. This program is only available during Senior programming.

WATER AEROBICS

ADULT WATER X will combine aerobic conditioning, strength training, muscular endurance, and flexibility. Swimming is not a required skill. Participants must be comfortable in water. **Water X** classes are categorized by levels 1 & 2 differing in intensity. **Level 1** classes are more relaxed and gentler in movement. **Level 2** classes provide more vigorous exercise and challenge.

NEW! WATER WALKING is a new addition to our program. Patrons are allowed to exercise or water walk independently in either the shallow or deep end of the pool. * Shallow or Deep availability contingent on coinciding Water X class.

DEEP WATER X class will cover aerobics using natural resistance, weight training, and an abdominal/core body workout. Swimming is not a required skill. Participants must be comfortable in 6-10 feet of water *with flotation assistance*.

WATER DANCE is an instructor-led high-energy workout utilizing the natural resistance of water while moving to the beat. This class involves 45-50 minutes of intense cardio burn using dance inspired moves. Swimming is not a required skill. Participants must be comfortable in water.